

ENJOY THE JOURNEY

SOARING UP..LEARNERS TODAY, LEADERS TOMORROW

What Students Learned Last Month In Guidance:

HIGHLIGHTS

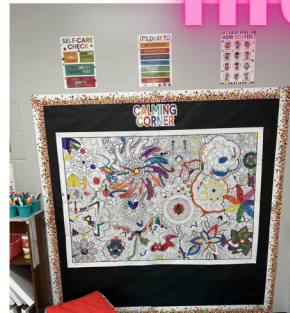
Kinder: The Kindergarten classes got to experience their first Guidance lesson and learned what a School Counselor does while listening to the book "Mrs. Joyce Gives the BEST High Fives".

2nd Grade: We started the book "The Amazing Remote Control" and discussed Strengths where the students colored a Strengths Tree and listed some of their best Strengths they felt like they had. We also discussed Our Amazing Brain and all of the different functions our brain controls and how it relates to our everyday life.

3rd Grade: We started the Book "What Do You Stand For" and discussed what Character Muscles are and what character traits the students felt like they had that were strong and what character traits they would like to make stronger. We also talked about Goals and the students all worked on creating personal goals for themselves.

4th & 5th Grade: We started the book "What Do You Stand For" and the students shared what character traits they felt like they had, created a self-portrait of themselves, had class discussion on the character trait Positive Attitude and also had a class discussion on Goal Setting and created their own personal Goals.

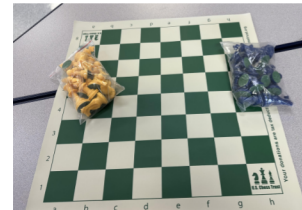
STUDENTS HAVE ALSO BEEN LEARNING HOW TO USE MEDITATION AS A COPING SKILL BY PARTICIPATING IN A GUIDED MEDITATION AT THE END OF GUIDANCE CLASS.



Students started coloring at the calming corner and started the puzzle in the Puzzle Center



The Chess Boards arrived! Chess Club starts on October 3rd AFTER SCHOOL!



Wednesday Clubs started back! Ms. K and I run the Art Journaling Club and it's off to a great start!

Important Dates:

- October 1-31:** Bullying Prevention Month; Principals' Month
- October 2nd:** Custodian Appreciation Day
- October 6th:** Instructional Coaches' Day
- October 10th:** World Mental Health Day
- October 16th:** Boss' Day
- October 16-20:** School Bus Safety Week
- October 23-31:** Red Ribbon Week



- Setting Goals
- Career Exploration
- Relationships
- Bullying
- Self-Regulation
- Little SPOT of Feelings

All Guidance lessons meet the ASCA Mindsets & Behaviors Guidelines. If you would like to know more specifics about any lessons please feel free to reach out to me.

CHECK OUT THE VLE WEBSITE FOR MORE INFORMATION

https://vles.ncmcs.org/parents/school_counseling